



# YOU FALL. WE CATCH.



## Injury and Violence Free Living

Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition. Every day, injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. Exposure to violence does, too—whether it's physical or psychological trauma. The thing is: many of the injuries and distress triggers are preventable. That's where we come in. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers you practical tools, educational resources and evidence-based prevention strategies that help keep Sailors and Marines performing at their peak—on and off the job.



To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.NMCPHC.MED.NAVY.MIL/HEALTHY\\_LIVING/](http://WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING/)

**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE

